

Active Arizona Coalition

Nutrition and Physical Activity Mini-
Grant Recipients

June 2006 – Dec. 2006

Recipients

- 9 applications fully-funded
- 5 are coalition members
 - 2 Older Adult
 - 1 School
 - 1 Worksite
 - 5 Community

City Of Avondale

Senior Nutrition & PA Program

- Nutrition and physical activity based program for low income older adults and disabled persons.
- Nutrition education that teaches food box recipients how to eat and shop healthier, prepare healthy meals, and utilize all contents of the food box.
- Implement the W.E.L.L. Avondale walking program to participants from Avondale and Cashion Senior Program.

Coconino County Health Department

Operation Fit Kids

- Physical activity and nutrition based program for overweight youth ages 8-12 years.
- Fun activities to build self-esteem and teach lifestyle change to improve physical activity.
- Non-dieting approach to long-term weight management, cooking classes, food journal activities and interactive nutrition education.

Arizona State University

Strong and Healthy Older Adults

- Falls prevention for older adults.
- Group physical activity program designed to meet the unique needs of each of the targeted groups of older adults from beginning to advanced.
- Health education/promotion activities and materials related to increasing daily physical activity, healthy weight and falls prevention.

Las Fuentes Health Clinic - Guadalupe Activity and Nutrition Health Promotion Project

- Establish walking groups at 4 worksites within the Town of Guadalupe and The Pascua Yaqui Tribe
- Hands-on cooking workshops that focus on the use of traditional cultural foods and basic nutrition education

United Food Bank

Southeast Scottsdale Kids

Cafe

- Inspire children to adopt healthy behaviors - learn about food, nutrition and physical activity.
- Cooking skills are taught to children.
- Edible garden is planted and maintained
- Nutrition education provided.

Falcon Hill Elementary Active and Healthy School Playground

- Playground will be activity-friendly environment that encourages and motivates students.
- Wellness Program Manager will teach, promote and reinforce active student behaviors.

Active and Healthy School Playground –con't

- Older students will serve as activity promotion aides.
- Simple, all-inclusive playground games will be taught.
- Active lunch hour activities such as walking, intramurals and jump roping will be organized by high school service learning students.

It's A Baby's Life Project

Eat & Play the Maryvale Way!

- Social marketing campaign targeting Cartwright School District employees and Maryvale residents.
- Community based fotonovelas and coupon incentives will bring awareness to and encourage the use of available nutrition education, recreation and exercise facilities.
- Campaign will include a health fair and local business participation.

St. Josephs Hospital

Salsa, Sabor, y Salud

- Healthy lifestyles program specifically designed for Latino families with children under 12 years of age.
- Family-centered sessions focus on hands-on, age appropriate nutrition and physical activities.
- Sessions reinforce cultural heritage and lifestyle connections to wellness.

Gompers Center

Creating Optimal Health - Special Needs People

- Nutrition and physical activity program for special needs children and adults ages 5-90.
- Vital Stim therapy and self-care exercises will increase swallowing capacity and chewing ability, enabling clients to consume a healthier diet.
- Utilization of computer software will provide staff and parents the knowledge and skill to engage special needs population in various physical activities.